



Cooking Made Easy

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## Cheesy Cheddar Bake with Grilled Chicken Skewers

A comforting, tasty and easy bake that makes a good lunch as well as a supper. Mixing pasta and veggies with cheese add extra punch and flavour, and is sure to be a hit with the whole family. Set everyone else on the job of making the kebabs while you prep the rest. Many hands make light work!

40 mins

family box

healthy



Bamboo Skewers (8)



Onion (1)



Garlic Clove (2)



Broccoli (1)



Chicken Breast (3)



Bacon Rashers (8)



Smoked Cheese (200g)



Crème Fraîche (1 pot)



Milk (150ml)



Rigatoni (250g)



Tomato Purée (2 tbsp)



Honey (2 tbsp)



Vine Tomato (2)

## Ingredients

|                                | 2P | 4P     |
|--------------------------------|----|--------|
| Bamboo Skewers                 | -  | 8      |
| Broccoli                       | -  | 1      |
| Onion, chopped                 | -  | 1      |
| Garlic Clove, chopped          | -  | 2      |
| Chicken Breast                 | -  | 3      |
| Bacon Rashers                  | -  | 8      |
| Smoked Cheese, grated <b>1</b> | -  | 200g   |
| Crème Fraîche <b>1</b>         | -  | 1 pot  |
| Milk <b>1</b>                  | -  | 150ml  |
| Rigatoni <b>2</b>              | -  | 250g   |
| Tomato Purée                   | -  | 2 tbsp |
| Honey                          | -  | 2 tbsp |
| Vine Tomato, sliced            | -  | 2      |

**Nutrition per serving:** Calories: 547 kcal | Protein: 38 g | Carbs: 68 g | Fat: 15 g | Saturated Fat: 10 g

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for Little Hands

## Allergens

**1)** Milk | **2)** Gluten



**1** Pre-heat your oven to 200 degrees. Put a large pot of water on to boil with  $\frac{1}{2}$  tsp of salt. **Tip:** Soak the wooden skewers in cold water for 15 mins before using them, to prevent burning once they're in the oven.

until browned and the chicken is cooked through.



**2** Separate the broccoli florets from the stalk into bite-sized pieces and set aside. Peel and finely chop the onion and garlic. Cut the chicken into roughly 2cm pieces and halve the bacon rashers lengthways. Grate the cheese. **LH:** Mix the crème fraîche, milk and half the cheese together in a bowl and set aside.

**5** Heat a frying pan on medium heat with 1 tbsp of olive oil. Add the onion and gently fry for 3 mins. Now add the garlic and fry for another minute, then take off the heat.



**3** Put the pasta and broccoli into the boiling water, cover and simmer for 5 mins. Meanwhile make your skewers. First roll up each bacon rasher. Then alternately skewer the chicken and bacon to create eight even sized kebabs. **LH:** Mix the tomato purée and honey together with  $\frac{1}{4}$  tsp of ground black pepper and brush over all sides of the meat.

**6** Cut the tomatoes into thin slices. Drain the pasta and broccoli well and transfer both to an ovenproof dish. Add the tomatoes and onion mixture. Pour the milk mix over the top and stir to lightly coat all the pasta. **LH:** Scatter the remaining cheese over the top. Put on the middle shelf of the oven to cook for 10 mins.



**4** Arrange the skewers on a baking tray and pop onto the top shelf of the oven. Cook for 15 mins,

**7** When your pasta has been in the oven for 10 mins, swap the cheese bake to the top shelf of the oven to brown, and move the skewers to the middle shelf. Cook both for a further 5 mins.

**8** Once out of the oven, dish up the cheesy bake and serve with your chicken skewers. Enjoy!